

Lords of Gravity and Extreme Team to deliver death-defying acts

Robin Henney

IF RUNNING and bounding off walls appeals to you, and you're a fan of death-defying acts and energetic acrobatic stunts, then you have no excuse to miss out on the high octane performance which includes Lords of Gravity and Bounce's Extreme Team at the Cape Argus SportShow.

Fans of parkour – a sport taking the world by storm featuring acrobatic stunts performed in an urban landscape – will be



thrilled to see the Extreme Team perform the sport, also known as free running, at the event to be held at Sandringham Farm, Stellenbosch, from March 19 to 21.

A multi-sport and lifestyle festival showcasing a variety of entertainment, sports clinics, extreme shows, appearances by sports celebrities, the Cape Argus SportShow caters to a range of tastes, from weekend warriors to extreme sports enthusiasts.

Bounce ambassador and parkour fanatic Gideon du Preez – who heads up the team of 10 parkour performers – told the

Cape Argus that fans can expect “a performance filled with big stunts, creativity and things they’ve never seen before”.

Defined as a movement discipline that involves moving from point A to point B as efficiently as possible, parkour has evolved from pure efficiency to self-expression which can include acrobatic movements such as front flips and somersaults.

Du Preez, 25, said that parkour has been his way of expressing himself physically for eight years.

The performance, comprising four

segments, will include Bounce's Extreme team that performs aerial stunts such as “multi-twisting” somersaults and wallrunning.

International act Lords of Gravity will be serving up their brand of acrobatic slam dunks which also form part of the SportShow offering.

● For details, see www.sportshow.co.za or follow @SportShowSA on Twitter.

Tickets are still available at Computicket at R150 for day passes and R200 for weekend passes.